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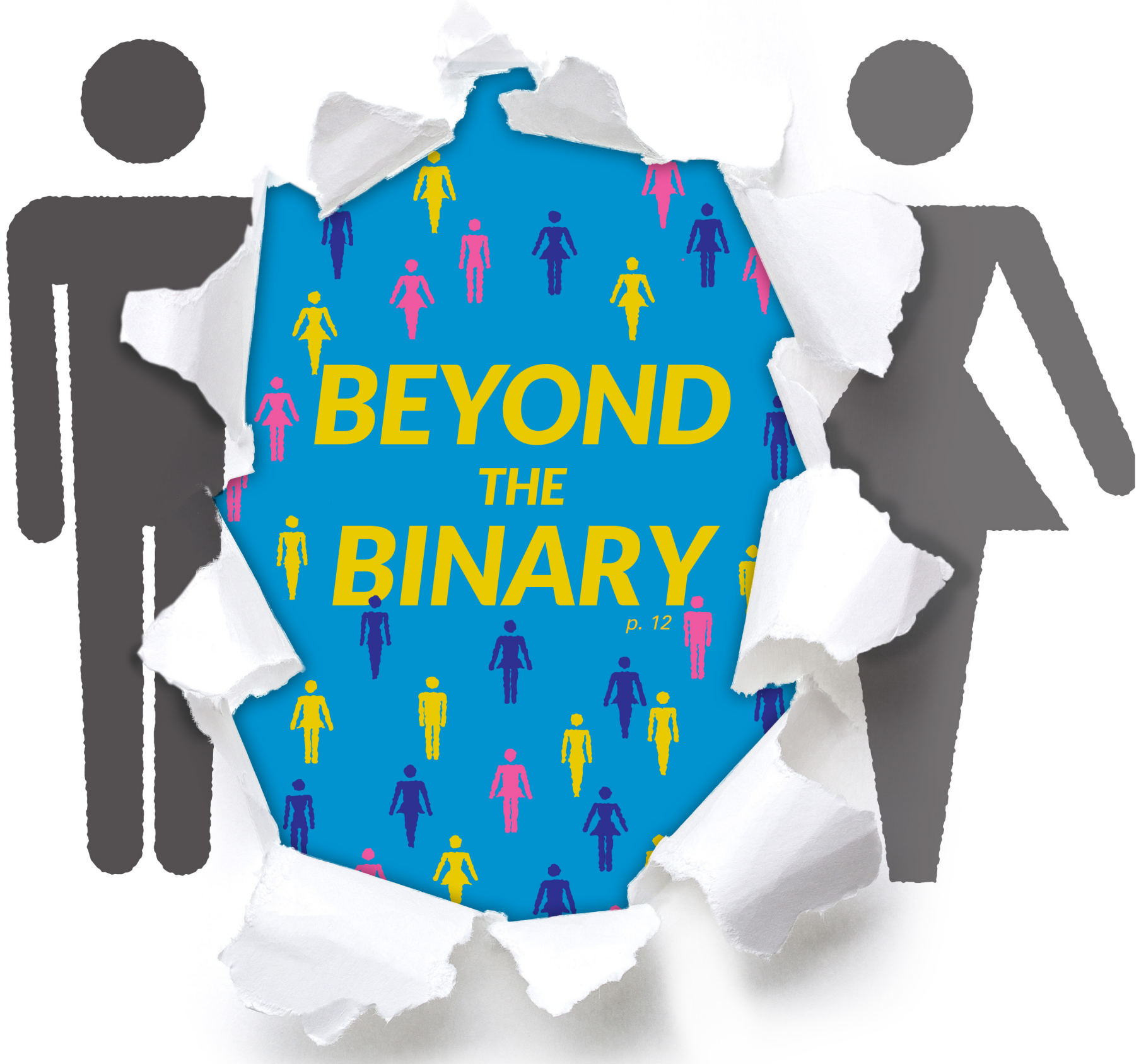
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IT Services: Reinforce password security

By Brandon Ghazali
@iowastatedaily.com

As Iowa State students take on their final exams and projects this week, the only concerns most of them have are studying and fantasizing about a much-needed summer break. But Iowa State's IT Services department hopes that students will add one more item to their end-of-year checklists: password security.

IT Services says that there are numerous attempts to penetrate Iowa State's cyber defenses on a regular basis, with more than 136,000 attacks from nearly 6,000 locations, 260,000 spam emails with malicious intent and approximately one compromised Net ID every day.

Individuals who do not frequently change their online passwords are putting their personal information and online data at risk, according to David Cotton, chief information officer at IT Services.

"We want you to change [your password] regularly because the reality is people sometimes use the same credentials for different things," said Cotton, a retired Air Force brigadier general.

Cotton and IT Services believe that students should change their passwords at least every six months, especially if they are using their Iowa State email address and password for other online platforms like LinkedIn that requires you to log in.

Their reasoning is that if the password is compromised, a six-month window reduces the risk of other accounts becoming infiltrated by online threats.

"While Iowa State may be secure and protected, and doesn't divulge or breach your password or user ID, someone else might," Cotton said. "We're pushing to



Changing your password every few months is one of the many ways to protect yourself from Cyber-Security breaches.

Max Goldberg/Iowa State Daily

have [people change their passwords] on a six-month basis."

Cotton says this is especially important for individuals with "elevated" access to information that normal users do not have.

For those who have trouble remembering even one password, let alone multiple new passwords every few months, IT Services advocates the use of a password manager application.

"I personally use one and it's very convenient, in fact, my whole family uses it," Cotton said.

Cotton said that these types of applications are helpful for those who have trouble keeping track

of their passwords because after you enter in all your credentials, you only need to remember one password — for the app itself. Most password manager apps have browser plug-ins that will auto-fill password fields for the user.

By using different passwords for different accounts and changing them frequently, Cotton said that it makes it harder for a bot or program to attempt to break into your account by repeating different sequences of passwords.

Cotton says that one of the most popular techniques used by people or entities to obtain

personal information is through phishing emails that try to coerce a user into entering log-in credentials through suspicious links in the messages.

"If you hover over that button that they want you to click — please don't — you'll see it may say 'iastate' somewhere in there, but it's to some site that isn't an Iowa State site," Cotton said.

"In some cases, the bad guys, or criminals, have actually copied our log-in pages for Iowa State and in the little box where they want you to type in your username and password, they send that information back to the server they want it to go to."

Andrew Albinger, director of security at IT Services, says that in his position he sees people fall victim to phishing emails "too often."

IT Services is rolling out a new program, called Okta, which adds multi-level authentication to the log-in process. This means that when logging in to a site, you may be sent a text message or some other type of authentication prompt to increase security.

"It's still in the initial stages and we're still testing it to see which sites and programs we would use it on," Albinger said.

Albinger also said that IT Services is looking at reducing the amount of information necessary to enter Iowa State websites and programs.

"There isn't really a need to have someone's out-of-session address in the directory," said Albinger.

Cotton agrees, saying that apart from password security, the best way to keep personal information safe online is by limiting the amount of information that you publish online.

"Don't share it, at all, keep it to yourself, always privately," Cotton said. "Be a vigilant user — if it doesn't seem right then send it to abuse@iastate.edu, which goes to the cybersecurity directorate where we have some very talented people."

As an institution that's been around for over 150 years, Iowa State is an information-rich target. IT Services is hoping that students will remember to strengthen their passwords and reinforce their online security before they begin their summer plans.

For more information about what IT Services is doing to keep the Iowa State community secure, visit their website.

Leath's last goodbye: Reflecting on five years

By Alex Connor
@iowastatedaily.com

During his tenure at Iowa State, Steven Leath didn't want to be the type of president to put his feet up and just relax when all is said and done.

To him, being a successful president is more than accomplishing the goals set before him, but rather knowing that there is always more to be done. The target, he said, is constantly moving.

And to leave Iowa State, Leath said, was a tough choice.

In the midst of lagging state funding, consistent tuition increases and an infrastructure bursting at the seams, Iowa regent universities like Iowa State are trying to make ends meet through tactics such as deferred construction and halted faculty searches.

But through the ebbs and flows of the Iowa Legislature and its trickling relationship with higher education, a lot has been accomplished at Iowa State under a Leath leadership.

One of his biggest achievements? Making Iowa State a more appetizing place to receive an education and by increasing the value of an Iowa State degree.

"If you roll it all into a bundle, I think the biggest thing I'll take



After a brief 20-minute meeting with provosts from Big-12 universities, ISU President Steven Leath leaves the Core Facility at the Research Park Nov. 7, 2016. Emily Blobaum/Iowa State Daily

ISD IOWA STATE DAILY

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PERIODICALS POSTAGE

away and accomplishment as a group – the faculty, staff, students, especially the alum – the reputation based on substance at Iowa State is really improved in the last five years,” Leath said.

So why then did the 10 years Leath insured the regents during the original interview process that he could see himself staying at Iowa State transition to five?

In a campuswide email to the university, Leath said when first approached by Auburn University to serve as its president, he wasn’t looking to leave the Iowa State, the campus of cardinal and gold. He said he loved Iowa State and the students, faculty and staff – the Cyclone family is wonderful.

But how could he pass up Alabama? The Heart of Dixie? A chance to be a War Eagle, someone fearless and true?

And with much thought, Leath said, it was an opportunity he and his wife Janet felt they could not pass up. The value of a Cyclone education, the branding of Iowa State and the future of public universities, at least in Iowa, would have to wait.

Leath was onto something bigger, different. He found a new path to pave, a new destiny to fill.

He was leaving with a promise that saw fruition – ever to conquer, never to yield – the university is better, he said, than when he inherited it.

So in just six months Leath went from an annual salary of \$525,000 to \$625,000. He’s

saying goodbye to his Cyclone ties, and trading them for ones decorated in orange and blue.

As he stood in front of the podium at Auburn University in late-March, accepting the position, he said he was humbled and honored to be chosen.

“The first thing I’d like to say is War Eagle. I’m going to enjoy getting to say that on a regular basis,” he said.

And like he said about the Cyclones, he echoed this sentiment to the Auburn Tigers – the university is about the people.

“It’s been an enjoyable time. My favorite memories, probably because of my personality, definitely the people – the students, faculty, staff – I really got close to a lot of them... so, I would say the people in general,” Leath said in an exclusive interview with the Iowa State Daily.

Reflecting on his time at Iowa State, Leath said student success is one of the things he’s most happy about looking back.

“When I came here I thought some of the goals I had personally like a 90 percent retention rate and a 75 percent graduation rate were probably almost unrealistic,” he said. “And in just 5 years we’re almost there... we are able to get kids here, move them through school and get them jobs right away.”

During a February 2017 Iowa regents meeting, retention rates were examined at Iowa State, which



Steven Leath became the 15th president of Iowa State University on February 1, 2012. Leath sits at his desk in Beardshear Hall.

revealed the university hit a record high of 88.1 percent retention rate after one year of schooling in 2015. This is up from 87.6 percent in 2014.

Among other accomplishments at Iowa State, Leath said he is proud of the development of the Research Park, an innovation community and incubator for expanding business.

During his time at Iowa State, Leath has more than doubled the size of the ISU Research Park, which is expected to employ 5,000 people by 2025.

“To have that much progress in only 5 years frankly surprised even me,” Leath said.

On campus revitalization, Leath said he wished he could have seen the next

This is a great university and I think it's better known than it was 5 years ago, but there's still room to grow.

STEVEN LEATH
ISU PRESIDENT

section of Campustown come to fruition.

“All the way to the Geofrey Hall to the Kingland building is fantastic, and now we’re making changes up Welch. I’d love to see the next section happen before I left but I’m confident it will happen,” he said.

But apart from his accomplishments, which include launching a \$1.1 billion fundraising campaign and record enrollment, Leath’s

legacy is not without flaw or misstep.

After a hard landing in 2014 that damaged Iowa State’s single-engine Cirrus, Leath came under harsh criticism for his mixed personal, business use with the airplanes and lack of transparency with the process. The hard landing resulted in roughly \$14,000 in damages.

But Leath feels that the ordeal, later dubbed “Plagate” was a “gigantic distraction for [him] and the university.”

“It took away from all the good we are doing. And I don’t think it was ever fully or fairly portrayed in the media which is disappointing,” Leath said.

Another bump during Leath’s tenure included a land agreement between Iowa Board of Regents President Bruce Rastetter and Leath over the summer after Leath purchased land from Summit Farms, a private company owned by Rastetter.

On that land, located in Hardin County, Leath said that while they are leaving Iowa, they plan on keeping the land and utilizing it for hunting, etc.

And in part because of the divisive presidential election, diversity and inclusion has been a topic on university campuses that is not omitted or excluded from Iowa State. In fact, Leath added administrative positions to help better understand the issues that many students may be facing.

That is not say, however,

that Leath feels Iowa State should be place of extreme comfort.

“There has to be a clear understanding across all the student body, and I’m not say it isn’t there, that there is a First Amendment in this country and to be a truly great house of intellectual thought,” he said.

“You’ve got to have opposing views and this bleeds into the factor that some students are still under the misperception that they’ve got to be comfortable all the time.”

So what will Leath’s legacy leave for his predecessor? For now, former Iowa State provost Ben Allen will fill his shoes as interim. By the first week of October, board interviews with presidential finalists are expected.

Leath said he hopes the next president Iowa State has the vision to continue to build the community and increase its successes.

“This is a great university and I think it’s better known than it was 5 years ago, but there’s still room to grow,” Leath said, adding that he hopes the next president recognizes what he feels is a culture of caring about undergraduate education.

“I hope the new president gets that and helps keep that culture [and] that brand in place because there aren’t many big schools that care about undergraduate education as much as Iowa State does,” Leath said.

But for now, Leath will fight the battle through, every yard for ISU.

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EDITORIAL

LOOKING BACK AND

As 2017 marches on, and this spring semester and academic year comes to an end, the ISD Editorial Board would like to take some time for reflection, and for suggestion. We have organized our recap and our 'looking forward' into four categories; the same categories we have focused on throughout this past semester: transparency, sexual assault awareness, diversity and inclusion and enrollment growth.

TRANSPARENCY

Students at Iowa State have already, or will soon, experience leadership changes at several levels. Every year we get a new Student Government. Next year, we will have a new university president and president of the Board of Regents. Once Gov. Branstad is confirmed as the next Ambassador to China, Iowa will have its first female governor. And, as we are reminded every day in the news, 2017 saw the inauguration of Donald Trump as president of the United States.

Our leadership style in America requires our leaders to derive their mandate from the people, even for appointed positions. We've seen over this past year how issues in transparency from our leaders cause distractions at the least and legal troubles at the worst. It is our job, then, as active and patriotic citizens to hold our leaders accountable at all levels. Assume good intentions for our new heads of office, but be quick in feedback; let them know what you agree with and what you disagree with.

Our job in the next year is not going to be easy. It will be hard to move beyond social media activism and it will take time to reach out to our leaders. But, we have options. Write to your local newspapers and leaders. Make phone calls and volunteer. Be a citizen leader that holds our designated leaders accountable.



Two students walk through Central Campus on the way to their 8 a.m. class Sept. 10, 2016.

Sam Greene/Iowa State Daily

ENROLLMENT GROWTH

Iowa State University has experienced 10 consecutive years of growth.

This means a constant pressure on university services and resources, as each freshman class is bigger and bigger than the last.

What does this mean for the administration? Listen to your students. You will undoubtedly have to make

some tough decisions as your budget is stressed, but let the students help you make these tough decisions. They're the ones that will likely be impacted by them the most, and it's your duty to solicit their input. If properly managed, this growth can be a great boom for the university.

Let's make sure Iowa State University's student experience maintains its excellent reputation.

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Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

MOVING FORWARD



A student walks across campus in the afternoon light, Sept. 18 outside Marston Hall.

Max Goldberg/Iowa State Daily

PREVENT SEXUAL ASSAULT

Throughout this year, the ISD Editorial Board has pushed for more awareness and discussion about the complex issues surrounding sexual assault. The upcoming implementation of the Green Dot program will help the campus continue raising awareness for sexual assault.

But we still need more.

We need more education about consent, less victim blaming and more awareness about resources available to survivors. Everyone should know what it takes to gain proper consent. Everyone should know that not believing a victim, saying that they "don't believe" an alleged perpetrator could do that or thinking that there is one form of sexual assault is not OK. We also must promote resources available to survivors if they are comfortable obtaining them.

This isn't an issue we can just talk about during awareness campaigns, but continually throughout the year. We need all members of our community to understand that this issue affects all demographics and occurs in a variety of circumstances. If we don't discuss these complexities, we can never address this problem.

DIVERSITY AND INCLUSION

The past few years at Iowa State have sparked a much needed conversation about diversity and inclusion on our campus. But as some individuals feel unsafe or unwelcome on our campus simply because they identify outside of majority groups on campus, we still have work to do.

This is not a call to the right or the left, the white or the people of color, the men or the women or the non-binary or

the engineers or non-engineers. This is a call to all who are in the Iowa State community to find a way to create a better campus for all of us.

Let's empower each other, not divide each other. Empowering others who are different from us does not mean that we don't see our differences, but it means that we see our differences and celebrate those. It means we listen to other perspectives to understand different life experiences than our own.

HARD WORK AND HEAD GAMES

Samantha Budai leaves behind legacy beyond the court

By Andrew Smith
@iowastatedaily.com

It wasn't an average day for Iowa State tennis. Sunday, April 23, was a day full of laughter, tears, hugs and more tears.

The Iowa State tennis team was celebrating senior day. For Samantha Budai, this was her last time she would ever take the court at home alongside her teammates.

It was a perfect day for tennis. It was 72 degrees and not a cloud in the sky as the Cyclones took the court to conclude the 2016-17 season. Samantha, one of the best players in Iowa State tennis history, stepped on the court.

She is the first player to be nationally ranked in program history. With that, she brings with her the third most singles wins in school history, the second most doubles wins in Iowa State history and just the second Cyclone ever to earn a Big 12 Player of the Week honor.

But the career that Samantha had at Iowa State almost never happened. The London, Ontario, native almost didn't come to Iowa State.

The road to Iowa State

Contrary to the United States, high school sports aren't as big of a spectacle in Canada. To get any exposure, athletes are required to travel and compete in tennis tournaments across the nation.

"The high school aspect didn't matter as much, it was more about the tournaments," Samantha said. "I lived far away from most tournaments, so I only focused on the big tournaments. Not many coaches come to Canada to look at you."

Samantha found herself sending tapes, stats and the best results she had to Division I colleges. It was almost like she was applying for jobs, but instead she was looking for a place to take a chance on her mostly unknown tennis ability.

"My family didn't have a lot of money to travel to the places, getting myself out there was hard," Samantha said. "I was beating some good players, but I wasn't constantly playing those tournaments."

She found herself in a tough spot as a senior in high school. She had sent her tapes and stats to a number of Division I colleges. But she still was running into trouble.

"I went on a visit to Montana in late April of my senior year," Samantha said. "I thought that was going to be the place I was going to go to because they were really interested. 'I didn't hear from them after.'"

Samantha found herself in May with no school picked out and time running slim. Most girls had already committed in the fall. She decided to reach out to a few more schools.

"I saw that Iowa State had two scholarships right away and I contacted them in late June," Samantha said. "They



Senior Samantha Budai played for Iowa State Tennis on April 23. She went against Viktoriya Lushkova of Oklahoma and fell 0-6. They fell 0-4 against Oklahoma.

got back to me right away and pretty much offered me a scholarship."

She googled the university saw that she would be able to compete in a top league and took a virtual tour of campus. She finally accepted her scholarship to Iowa State.

Samantha had been to the United States before, but never to Iowa. In fact, she had never heard of the state before.

Her mom, Yvette Budai, wanted the best for her daughter, but of course she worried.

"It was her decision, I always supported her and when she said she was going to Iowa I said, 'Sure, whatever works for you,'" Yvette said. "You always worry about your kids, but she is very mature and very independent. This is a very nice community so I never really worried that much."

With the encouragement of her family and friends, Samantha embarked on her journey to Iowa. She had achieved her goal of playing Division I tennis. The question became how would she fare?

Turns out, pretty good.

The start of a legacy

As soon as Samantha got on campus, things were different than home, but at the same time, she was used to change and adapted quickly to life as an Iowa State tennis player and student.

"The size of the school was big," Samantha said. "I don't want to say Americans are different, but it was different making friends outside of tennis. Luckily, I had my teammates. I was used to moving around and being on my own, it wasn't as overwhelming as I thought it would be. I like working hard and taking on new challenges, so it felt right."

Once her freshman season quickly rolled around, she found herself playing high in the lineup in a senior-laden roster. She went 9-8 at No. 2 singles and 10-9 at No. 1 doubles. Samantha fit in well in a tough lineup, but she started to have second thoughts about her home at Iowa State.

"I didn't have a great year, but I was excited about my

lineup spot," Samantha said. "The team didn't do so great, I was debating whether I should keep playing and if this was right for me. It was a lot of mental frustration, but I had a lot of people in my life telling me to keep playing and it does get better for sure."

After her freshman year, Samantha took over as the overall No. 1 for the Cyclones. What followed was struggles. She was a team leader, but not necessarily prepared to take on that role.

The majority of the women on the team weren't used to playing as a team. And the idea of team chemistry and team unity was a tough aspect for some in a sometimes-individual sport.

"Culture has always been a struggle with our team," Samantha said. "Looking at other teams and then ours, we never really had a culture. It was kind of always my goal to get the girls together. We wanted to do it for us."

Samantha conceded the culture aspect of the team wasn't fixed until her senior season. But she's happy that she will be leaving behind something for the incoming players.

"I'm sad it didn't happen earlier," Samantha said. "But I am glad it happened with this group of girls. I think we really build [a culture] this year."

Her sophomore year yielded one of the

toughest challenges of her career. She went 9-12 in singles and 8-10 at No. 1 doubles. Then she encountered her biggest enemy in her collegiate career — herself.

"I was so fixated on my goals and I wor-

tions for herself, even as a kid.

"Sami, even when she was little growing up, she always set high standards for herself," Yvette said. "She's never satisfied with what she accomplished, but I am proud of

"I WAS SO FIXATED ON NOT WANTING TO LOSE THAT I LOST ANYWAYS."

SAMANTHA BUDAI

ried about what would happen if I don't achieve them." Samantha said. "I thought that I'm not good enough to be here and I'm not good enough for this, it mentally caused me to not reach my potential."

Samantha had always had big expecta-

her for what she has accomplished."

Samantha struggled with this throughout her junior year, when she posted a 16-15 record in singles as well as a school record 23-9 in doubles. But the story wasn't her tremendous growth as a player. It was her

newly acquired mental toughness.

"All throughout my life I've struggled with that," Samantha said. "I would miss a shot and then miss the next six and then I would get so frustrated and let one or two shots affect the whole game, I would shoot myself down with negative comments and give up on the match."

Samantha knew that it wasn't worth it anymore. She felt foolish when she gave up and then regretted it after she walked off the court she knew people didn't want to come and see that.

So she made a change.

"I was so fixated on not wanting to lose that I lost anyways. You're never going to win all your matches and you're never going to play perfect," Samantha said. "I had to learn to accept that and learn to know that if you gave it your all it could go your way."

It finally came full circle when Iowa State coach Armando Espinosa asked Samantha a key question: Why are you afraid of losing?

"He always told me it wasn't my game that made me lose," Samantha said. "He told me it was literally the mental part. Even my mom told me that. It's the ability pick yourself up and bounce back that really makes

SAMANTHA p10

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SAMANTHA p9

the difference.”

He even went as far as to recommend her some books about the mental aspect of playing tennis.

“It’s normal to have negative thoughts, but you need to say something positive after every point,” Samantha said.

With the mentality aspect of her game finally under control, Samantha took on her senior year full speed ahead. Even if she is looked at as one of the greatest Iowa State tennis players of all time, she wants her mark to be felt on a personal level.

“I want the girls to strive to be better for themselves,” Samantha said. “I think it’s nice that the girls can strive to be what I am. It also helps that I was on their teams with them every step of the way.”

Samantha wants more for the program and hopes to be a spark to ignite the program to bigger and better things.

“I want it to become more constant. I want it to become a team thing, I don’t want to hear oh this is the first for the program,” she said. “I want the girls to know that no matter where you come from if you put the effort in you can do anything.”

Samantha will walk away among the top Cyclone tennis players of all time, but her story isn’t over after she graduates.

“I hope the players walk away with something from her,” Espinosa said. “She is a fantastic player.”

The end? Perhaps not

Samantha may have accomplished many of her goals as a Cyclone, but she still has one more to go in her career.

“I always had the goal of at least trying to go professional,” she said. “I don’t want this to be the end of my career.”

Once in a great while, a program gets players who raise the bar of the entire team during the present and the future. Samantha came in to Iowa State with a goal in mind to be the best. As cliché as it sounds, Samantha is one of the best players in program history, but her stats tell half the story.

Her hard work tells the other half.

If the professional dream doesn’t work out, she isn’t worried. Samantha plans on heading back to school to get her degree in archeology. She loves to travel and doesn’t mind where her life takes her.

Samantha walked off the court the final time as a Cyclone, as the team fell 4-1 to Kansas State in the first round of the Big 12 Championships in Norman, Oklahoma last Thursday.

She won’t leave behind an unbreakable record, nor will she leave an incredible winning percentage, but she will leave behind the idea that no matter how hard you work, if you put the effort in, even if you just want to break the lineup, it can happen.

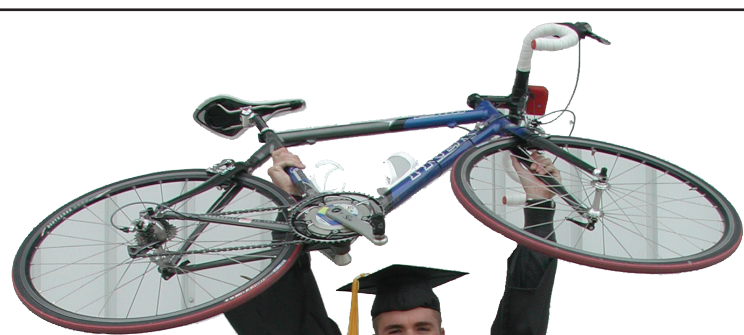
“As long as you have a goal and you strive for it all those things like breaking a record or making history will come,” Samantha said.



Hannah Olson/Iowa State Daily

Senior Sami Budai stands ready at the net while her partner Maty Cancini stood ready to return a serve. Budai and Cancini played no. 1 doubles against Oklahoma on April 21, 2017.

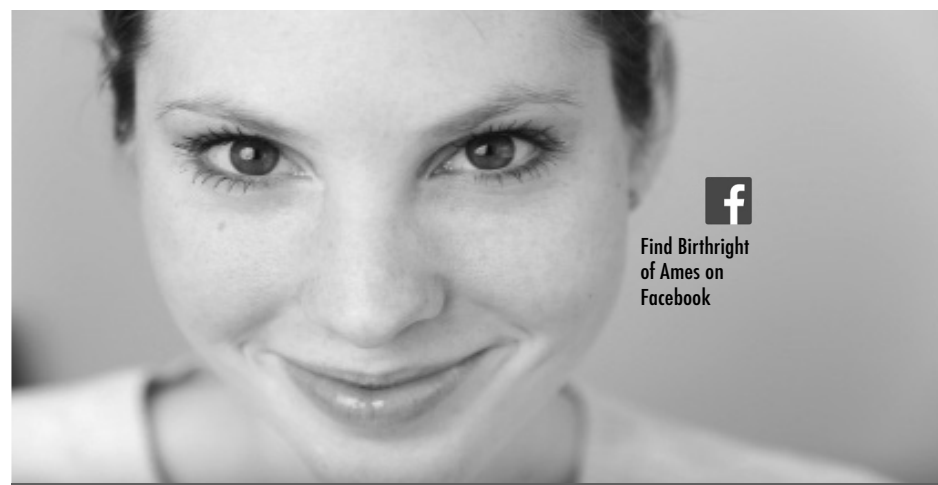
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BEYOND THE BINARY: GENDER THAT EXTENDS FAR BEYOND ASSIGNED SEX

By Mary.Pautsch
@iowastatedaily.com

"I am a ____."

The simple fill in the blank question was posed by Christina Langenberg, lecturer in women's and gender studies, at the beginning of one her classes. Students had 30 seconds to fill in the blank with as many answers they could think of to fit the statement.

College student, daughter, brother, English major, actress, man, non-binary person and various other options were submitted by the students. Langenberg encouraged them to look back and see what answers correlated directly with their gender identity.

"That blank can be filled with anything depending on the day," Langenberg said. "For example, if you're in the check-out lane in Target one day and someone says, 'Sir, I can help you over here!' but you identify as anything other than a man, you may be more inclined to say, 'I am a woman,' or 'I am agender.'"

Agender, as Langenberg mentioned, is one of many ways an individual can identify outside of what is called the gender binary.

People who identify within the gender binary tend to be

cisgender men or women, that is to say, consider their gender to be aligned with the sex they were assigned at birth. For an agender individual, they tend to identify as having no gender, or a lack of identity that complies with the binary.

Gender identity is also different from sex. Although the two terms are commonly misused as synonyms, gender refers to how one identifies themselves. Sex, on the contrary, is what one is biologically assigned to at birth.

Sex usually comes down to being female, male or intersex, which is a combination or lack of sexes at birth, usually caused by genetic or chromosomal conditions.

Gender, on the other hand, comes with a spectrum of different identities and pronouns that a person can identify as, including but not limited to, agender, polygender and third gender.

Genderqueer, or non-binary, are umbrella terms used for most people who identify outside of the binary.

Langenberg said she has had many students come out to her as genderqueer throughout the courses that she teaches.

"It's like when you read a poem or story with a character you identify with," she said. "You can look at them and what

they're going through and say, 'Yes, that's what I feel like.' A lot of times when students learn about the language used for people outside the binary, they find something that finally makes sense to them."

For Kayden Keating, freshman in biological and pre-medical illustration, using they/them/theirs and male pronouns both work fine. Keating identifies as non-binary agender, but prefers to present themselves in a masculine manner.

"Although I am agender, I like to present masculinely," they said. "So that's why I'm okay with people using he/him pronouns."

Keating had come out to some friends before coming to Iowa State, but not as a whole due to an unsupportive home environment. They had told their mother that they did not identify as a girl, and in return Keating was faced with more feminine rules at home. They stated things such as choosing not to shave and getting their hair cut short to a more masculine style were a struggle.

"My dad said that he didn't like girls with short hair, so I was like, 'Well good thing I'm not a girl,'" Keating said.

While at home, Keating said they tend to wear more feminine clothing around their par-

ents, but will change into more male-centric clothes and wear a chest binder when out with friends.

"I have to kind of sneak around it," they said. "I'll wear something a bit more traditionally female before I go out so I can get the okay from my parents to go out."

Keating officially came out on Trans Day of Visibility (TDOV), by creating a video about themselves identifying as agender. Some acquaintances found the video and shared it with Keating's parents, who were not pleased with the reveal.

However, Keating said that they have found a more accepting environment at Iowa State. Although they are misgendered on all official Iowa State documents, transcripts and BlackBoard, Keating said that they contact their teachers at the beginning of each semester with their proper name and pronouns. Their teachers so far have been ready and willing to use terms that fit Keating's actual identity.

Keating also has found acceptance through the Aromantic and Asexual Alliance at Iowa State, and has even taken up the role of Treasurer for the group.

"It's kind of funny," Keating said. "The president of the Aro/



GENDERQUEER OR NON-BINARY

- Umbrella terms used for most people who identify outside of the binary.

AGENDER

- Agender individuals tend to identify as having no gender, or a lack of identity that complies with the binary.

GENDER

- How one identifies themselves.

INTERSEX

- Intersex is a combination or lack of sexes at birth, usually caused by genetic or chromosomal conditions.

HORMONE REPLACEMENT THERAPY

- Hormone replacement therapy (HRT) is commonly used in the trans community to introduce hormones found in the gender they identify with.

Ace Alliance also identifies as agender, so we bond over that a lot.”

Keating also spends a lot of their time in the Lesbian, Gay, Bisexual, Transgender Student Services Center (LGBTSS), where they met and became friends with Jeff Dabler, sophomore in elementary education.

Dabler, who identifies as a trans-male man, came out as transgender in the spring of his freshman year.

“I came to Iowa State as a girl, and was living on an all-girl’s floor in Linden,” Dabler said.

Dabler went out on Halloween of his freshman year with some friends from his dorm, where he was introduced to a mutual friend. When introducing himself, the man mistakenly thought he had said his name was Jeff. As a joke, his friends called him Jeff for the rest of the night.

“I was just like, ‘Wow, you guys have no idea what this is doing to my brain,’” Dabler said. “So then I just decided, you know, why not come out to them?”

The name Jeff stuck with him after that, and he now currently goes by that name and male pronouns in all settings.

“My sister actually had an imaginary friend named Jeff when she was little, too,”

Dabler said. “So it’s kind of funny.”

Despite identifying as a transgender male, Dabler is still listed as a female under Iowa State records and on Black-Board. Dabler has to email his professors like Keating at the beginning of every semester to let teachers know that he does not go by his legal name and uses he/him/his pronouns.

Like Keating, Dabler found acceptance within the LGBTSS, and was formerly the secretary for the ISU Pride Alliance before his schedule became too busy for the time commitment. He was also formerly a member of Delta Lambda Phi fraternity, but left for a number of reasons, one being that he did not feel accepted for his gender identity.

“I just felt like they didn’t fully accept me for being trans as much as they could have,” said Dabler. “I felt like an outsider.”

Dabler said that while working with the Pride Alliance, he met a lot of people who have now become many of his closest friends.

Currently Dabler is undergoing hormone replacement therapy (HRT), which is commonly used in the trans community to introduce hormones found in the gender they identify with. For Dabler, this means introducing testosterone. He has

been on HRT for six months as of April 26.

“It’s really exciting,” he said. “It was relatively easy to find a doctor to help me with it because I have a lot of friends with great resources.”

Although Keating and Dabler have both found some accepting and comfortable environments to share their gender identities within Iowa State, both still feel like there needs to be more awareness of people who identify outside the cisgender binary.

“A lot of people don’t even know what being agender or non-binary is,” said Keating. “Even within the LGBT community people have a lot of knowledge of being transgender or being on the binary in any sense, but not so much non-binary.”

“I feel like gender is one of the most overlooked things,” Dabler said. “People will look at me and go, ‘Oh, that’s a guy,’ but others don’t always have the same advantages as I do. There will always be people who don’t pass as their gender, and I feel like that’s brushed under the rug.”

Langenberg believes that there are many ways society can teach themselves to become more aware and accepting of people who are not cisgender. She claimed that the

enforcement of a cisgender binary starts even before a child is born.

For example, many expecting couples now have what are called “gender reveal parties” where the expecting parents do something like cut into a cake or open a box of balloons to reveal a pink or blue color, signaling a boy or girl.

“It’s presumptive,” Langenberg said. “It emphasizes the binary world we live in and makes people think that there are only two options, which is obviously wrong.”

Langenberg thinks that the issue of awareness for trans and genderqueer identities needs to be met with education and effort.

“We need to be aware of what we say,” she said. “I tell people to stop saying ‘hey guys’ when referring to a group of people because it reinforces the patriarchy and people then say, ‘Well then what am I supposed to say?’ You can just stop at hey.”

Langenberg also encourages everyone to be ready and willing to use names and pronouns that may seem new or unfamiliar.

“Pay attention,” said Langenberg. “And if it doesn’t affect you, it won’t matter. Just try to give people the same civil rights that you have.”

Combining art, fashion

Apparel design student hand-paints collection

By Oliva.Hanson
@iowastatedaily.com

Haute Couture is typically only seen on the runways in big cities like New York. But senior designer Cassidy Glynn has brought it to the runways of Ames, Iowa with her streetwear-inspired, partially hand-painted line called 'Glitch // Accidental Art.'

Glynn grew up in Bettendorf, Iowa and will graduate with a degree in apparel, merchandising and design (AMD) with a focus on creative technical design. Glynn's ambition and unique approach to design earned her a spot in this year's 2017 fashion show, as well as attention from many viewers.

Growing up, Glynn always had an interest in fashion.

"It's something I've always had in back of mind because my mom was pretty fashionable growing up," said Glynn. "Being a little girl and looking through Vogue magazine and seeing not just one designer, but all of those designers who were producing clothing that was just so unique and nothing like I'd ever seen before."

Her interest to pursue fashion as a career really peaked in her middle school years.

"I was never the girl who played sports," said Glynn. "I was the girl who paints her way through everything."

Her background in art is what inspired Glynn to pursue fashion design. But going into her sophomore year, Glynn faced a tough set back.

Glynn got very sick with E. coli and was hospitalized. She and her family weren't sure if she would be able to return to school because the sickness was so hard on her body for such a long period of time.

Glynn was able to return to Iowa State her sophomore year, but still faced challenges following her sickness. She was left feeling weak and un-



Maggie Curry/Iowa State Daily

Images and designs courtesy of Cassidy Glynn.
inspired.

She began again by taking an illustration class. Throughout the semester she would second guess herself even though she knew it was something she'd wanted to pursue.

"I was just kind of trying to take a step back," said Glynn. "I was still recovering from being sick and sophomore year for designers is really tough because we do pattern making and illustration."

Glynn said that even though the class was tough, it brought her back to her roots and reminded her why she wanted to pursue art and fashion in the first place. The illustration class was highly challenging and time consuming for Glynn, but she never gave up.

"I think being able to push myself and complete the class with a strong finish and to know that I gave it my all was what inspired me to stay in this major," Glynn said.

While at Iowa State, Glynn also got the opportunity to study abroad in London.

"I studied abroad there after sophomore year and it was just the best experience of my life," said Glynn. "It was just like my mind was so consumed by everything there and I never wanted to leave. You just learn so much about different people and different cultures and even about yourself."

Glynn was also fortunate enough to land herself an internship at Cushnie Et Ochs in New York City. This internship was a huge burst of confidence for her. She found it comforting to know that the designers there once started where she was, doing all of the things that she is doing to make it in the industry.

"I think what made the experience a little bit cooler was the fact that I got it by myself rather than try and find it through a program," said Glynn, "Finding an internship is hard in itself so I was really proud of myself because I know that I had worked hard to try and get to that point."

By the time senior year rolled around,





Courtesy of Cassidy Glynn

Glynn decided to focus all of her time and energy on her senior apparel line.

"[My] senior line was the first time I was really able to like fully indulge myself in what I was doing and spend an extended amount of time to get it to the exact point where I was in love with what I was making," Glynn said.

One artist that really inspired her senior line collection was Andy Warhol.

"He was really into pop art and I really liked the idea behind his work," said Glynn. "I think I got a lot of inspiration from his version of madness."

Glynn is still in the process of learning what ways work best for her design process.

"I kind of just decided to wing it because with street wear, I wanted to have an element of surprise in there for myself, so not every single aspect of it was completely planned," Glynn said.

Glynn has found that there is no perfect way of designing, nor is there a perfect product. One challenge that Glynn has faced as a designer is being happy with the things she's making.

"I know a lot of the time, not even just me in general, but designers in general, have this idea of something they want to make and it's either just not feasible with the materials given to you or it turns out completely dif-



Courtesy of Cassidy Glynn

"Don't lose sight of what your dream is because at the end of the day, that was the reason why you started in the first place," Glynn advises other students as they finish their college career.

ferent than your original idea," said Glynn.

This was why some parts of the garments in her senior collection are digitally printed and some parts are hand painted.

"Street wear has a lot of texture," said Glynn, "and the digital printer wasn't giving my line the effect I wanted so that's why I decided to paint it myself."

But what at first looked like a dead end for Glynn while designing, ended up being the very thing that made her senior line so unique and beautiful, as well as something that differentiates her from other designers.

"I used to want to plan out every aspect, but now the older I've gotten, I've realized how unrealistic that is because that's what makes life fun, is the unexpected," said Glynn.

Glynn was involved in most every aspect of the AMD program throughout her career at Iowa State. She participated in the Fashion Show and Trend Magazine. She said being involved in these things has been essential to her success as a designer leading up to this point.

"I think having that balance of where I was able to be heavily involved and then spend senior year just really focusing on my designs was inspiring for me," said Glynn.

What keeps Glynn inspired is knowing where she could be in the future.

"I've always been a person who has never stopped dreaming or creating since I was a little girl," said Glynn, "You can't allow yourself to forget about the magic and having a dream. That sounds really cliché but it's true and I think sometimes people lose

sight of that."

One day Glynn would like to become the creative director of her own line of clothing and end up moving to London and then Paris at some point.

"But I can't start there, you know, I have to start at a lower level. I think that's what I'm constantly reaching for," said Glynn.

After she graduates, Glynn plans to move to New York City. Glynn doesn't have a job going into New York City, but after she gets settled into her new life, she hopes to work for a design company.

"It's terrifying but I also think it's one of those things where we're so young that I have this idea of what's out there for me and it's so limited, when in reality there are probably so many more things that I could be doing and I'm just unaware of it," Glynn said.

Glynn's experience and education at Iowa State has helped her to learn more than she'd ever expected to.

"I've loved my experience here at Iowa State and I think the AMD program has a lot to offer. It's really reassuring and encouraging to know that as a soon-to-be-graduate, I feel very prepared going into the industry," said Glynn.

As for advice, Glynn wants everyone to remember, "Don't quit your daydream because a lot of the time you get caught up in what everyone else is doing and comparing yourself and that's the hardest lesson you have to learn, is to not compare yourself. Just don't lose sight of what your dream is because at the end of the day, that was the reason why you started in the first place."

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MAGGIE CURRY

I liked having things to focus on to help figure out whether that thing affected my happiness. I really enjoyed having nightly walks, and the meditation was relaxing when I was guided through it. I'd like to keep doing both, but probably save the meditation for really stressful weeks.

I also realized I only get happiness from kind acts if I'm doing it as part of a community, and can have that interaction and response from the people I help or the people I'm doing it with. Doing this made me realize a lot of my happiness comes from people - and I need to make more time for them in my life if I want to be happier.



CHRIS JORGENSEN

The happiness series was an interesting experiment for me. Some of the things we did were things I already did, while some were out of my comfort zone.

I would say that I was most surprised by meditation. I went into meditation expecting not to like it - but I loved it.

I would say the least effective exercise for me was grateful journals. It made me aware of the things in my life, but I don't think it did anything to my happiness or how I thought about things.

I would say the best part of all of this was being forced to step out of my comfort zone and try new things. Even when it turns out that I didn't like an activity, stepping out and doing the thing was a valuable lesson.



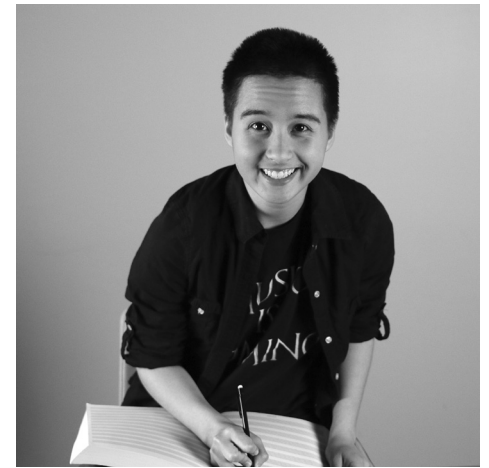
DAVIS HALL

It was a good experience overall and I think that it helped me get through this last month of gut-wrenching work. Though some of it made me uncomfortable, overall it was worth it.

[I liked] the extra 30 minutes of exercise. It allows me to get more energy out and take my mind off of school and other responsibilities. It was a good experience but I think trying to keep up these unnatural habits would take its toll on me sooner or later.

Maybe [I'd recommend them] for a short period of time because I think that these unnatural acts that you normally wouldn't do would more than likely wear on you sooner or later.

It's valuable to have as an experience. Especially reflecting on the things that you are thankful for and looking forward too. It can really brighten your mood and help you make the most out of every day and even doing these activities for a month would help.

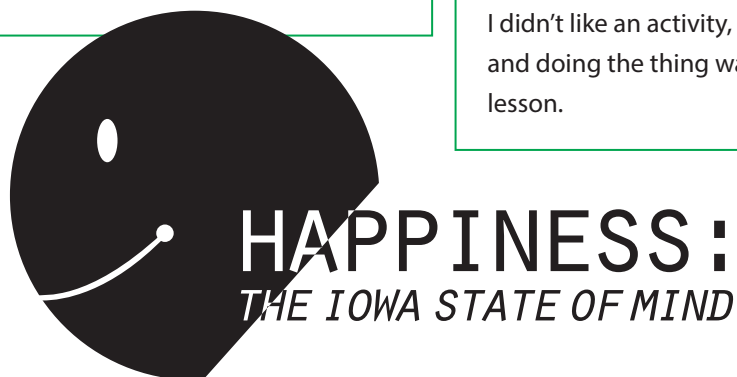


OLYMPIA MANNING

The Happiness Project opened my eyes to what people usually do to be happy, things I remember seeing when I Googled, "How to be happy" and things like that. However, while the events I did helped temporarily, in the long run, I just return to sort of a neutral state.

I think the most helpful (even if only temporarily) task I performed was the random acts of kindness. I felt good about making other people feel good and that's the way I usually do things anyway. I would recommend that the most to people.

However, I also realize that there are other people like me out there for whom these things don't help in the long run, so I would say just do whatever makes you happy. For me, it's fighting for social justice and writing music. My mom is a big exerciser. I would say that I am a special exception to the idea that these would make people happy, so I absolutely invite you to test this out to see if any of the activities work for you. I hope they do.



Editor's note: Happiness

Iowa State of Mind: changing habits to achieve a more fulfilling life

By Emily.Hammer
@iowastatedaily.com

Being happy isn't always easy, but it's incredibly important. I've learned that in my own life, but also in a seminar about positive psychology I was enrolled in this semester. This seminar, led by graduate student Sam Von Gillern, taught its students about positive psychology and happiness through studies, discussions and Shawn Achor's book "The Happiness Advantage."

A month into the course, it hit me that the principles we were learning should be known by all college students, but were only being discussed in a class of

about 17. Thus, Happiness: The Iowa State of Mind was created to let students see how important happiness is and that it can be changed by what we do.

We invited four Iowa State Daily staffers and four non-staffer students to join in this four-week series and reflect on what each weekly activity did for them. Through short journals at the end of each week accompanied by videos, these students were able to share their own experiences and if the weekly activities were working for them or not.

Happiness is extremely important; as Achor discusses in "The Happiness Advantage," happiness brings success and not the other way around. Happier people have

characteristics that make them more likely to succeed. Happiness also provides a more pleasant life, even when everything seems to be going wrong.

And most importantly for college students, happiness can help push past hard spots in the academic year. It makes it easier to get things done and bounce back when things don't go the way you wanted or needed them to.

Although everyone experiences happiness in a different capacity and changes it in their own way, I do believe people are able to create their own happiness. I'm not going to say it's easy - it took me years to discover my own way of creating happiness in my life. I'm saying it's possible.

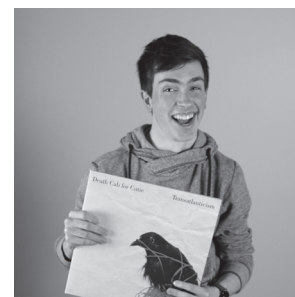
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Women in alt music: few and fighting

By Caroline Shaw
@iowastatedaily.com

A community that accepts those who are unaccepted may still have problems with including all of its members.

Alternative music culture has multiple facets that shift over time, but one constant is that it's a place for people who don't fit in to find their niche. However, the way in which women fit into this culture isn't always clear.

There are less women in bands within the alternative genre than there are men. When looking at alternative music festivals, the Huffington Post found that women made up 12 percent of groups while men made up 78 percent.

This difference in numbers can be attributed to negative stereotypes and expectations that can bring women down and cause them to be wrapped up in an image instead of being appreciated for their music.

Women face stereotypes and expectations that come from both men and women in the alternative music scene. They also encounter a variety of responses to their physical image and meet public perception in a variety of ways.

WHY SO FEW?

On both a local and national level, there are fewer women in alternative music than men.

At Iowa State, there is a club called G.E.N.R.E.: Gathering Everyone Nearby to Raucously Entertain. It's an organization that allows student musicians to meet

and make music together. Julia Studer, secretary of G.E.N.R.E., has noticed, but doesn't understand the reason for, this difference.

"Out of everyone in G.E.N.R.E., there are only four girls," Studer said. "I wish I knew why. I normally think of women being more creative so it seems like an opposite thing."

Kelly Beardsley, president of G.E.N.R.E., said the contrast in numbers could be attributed to the genre of the music in some cases. Her band, Line of Departure, is a death metal band.

"Sometimes, with the style, you want a deeper voice and that makes it a little more difficult, being a girl, to get the right sound," Beardsley said. "It's just harder to find."

People's perception of who should create music might influence who is willing to be a part of it, said Josh Petefish, the guitarist of Studer's band, Truth Machine. He also said that this is a problem in the representation of society.

"In general, men are more apt to think that they'll be good at this and go out and do it because of the way public perception is," Petefish said. "Everything you do, everything you love, everything you want to be a part of should be representative of the entire population. So why, when you take a slice of this, isn't it 50-50?"

WE NEED TO STOP WALKING INTO THE ROOM APOLOGIZING.

Local singer Mumbi Kasumba also said the ratio between men and women stems from the attitude of men and society. The widespread conception has an impact on smaller communities as well as larger ones.

"I think it stems from the patriarchy from society and it has bled into the small music community in Ames," Kasumba said.

The contrast in numbers of men and women may be seen as a problem, but it doesn't always have to be negative.

Recently, a band called Against the Current played a show in Des Moines during their nationwide tour. Frontwoman Chrissy Costanza said that being a female musician makes her job the coolest job in the world.

"Being in this whole alternative scene as a woman is awesome because it's something that's kind of rare," Costanza said. "There are more and more girls coming

in which I'm stoked about."

Because there are fewer women than men in the alternative music scene, there is opportunity for women coming into the scene to make their own path. This can prove challenging because there are expectations within the scene that women have to fight against.

STEREOTYPES AND FEMININITY

Women in the alternative scene recognize that there are stereotypes that exist, but they react to them differently on a national and local level.

On a national level, stereotypes are something that women like Costanza have to fight against everyday.

Costanza said that women are often expected to be emotional and just let things happen to them instead of being a driving force. She looks up to women who came before her like Hayley Williams of Paramore.

Williams set an example for Costanza of what being a frontwoman was all about and taught her to break those stereotypes. She said that Williams was someone who wasn't afraid to be something that people

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didn't expect from a woman. "It's okay to get angry," Costanza said. "Women don't always just have to be heartbroken and sad. You can also get mad about it and you can say something about it."

The expression of more emotion can give women the opportunity to have an active role in impacting the world around them.

"You can be a more powerful force," Costanza said. "You don't have to be just reacting to the world around you and letting all of that hit you. You can fire back at the world."

Kasumba said that she sometimes catches herself playing into expectations, but that is a habit that women need to unlearn.

"I may have an idea that I think is great but I find myself saying it in a way that allows, or even expects, men to step in," Kasumba said. "We need

to stop walking into the room apologizing."

In Against the Current's performances, Costanza is focused on leading by example. She wants to positively impact and inspire those who listen to her music.

"It's important as a woman to let other women know that I'm here to fight together," Costanza said. "My goal is to empower women to take matters into their own hands and break the glass ceiling themselves."

Kasumba also said she wants to empower girls. Her song "African Girl" is written to empower her younger self. She said she used to wonder if her songs that are specific to her struggles as an African are worth singing to an audience who might not relate to them.

"I quickly gave that up," Kasumba said. "We're girls and we need to hear it. Even if she's not an African girl, it's



Katlyn Campbell/Iowa State Daily Shop on Jan. 20. Kasumba performed original songs as well as covers.

important."

The stereotypes and expectations that these women feel empowered to fight

against may not always be obvious.

For some women on a local level, they know that stereotypes and expectations

exist, but they don't see them as being a problem.

Kasumba has found acceptance in the Ames music community not only in being a female musician but also in being African.

"I can't mention being a woman without mentioning being black," Kasumba said. "People have been very welcoming in Ames. Even when I voice certain concerns about being an African woman, the community has been very accepting of letting me have that platform to speak from."

Studer believes that breaking the stereotypes is psychological.

"For a lot of female musicians I think they feel like they have a barrier they're going up against," Studer said. "They feel like they have to show that there is a difference. I feel like it's a mental barrier."

This lack of adversity may be derived from the setting. College campuses are often viewed as being more liberal and accepting, Studer said.

"We're all around the same age facing the same social conflicts," Studer said. "I think it makes everyone a little more accepting and

sensitive to those kind of issues."

When the identities of a college student and an alternative musician combine, as in G.E.N.R.E., this idea is solidified.

"I think there's definitely implicit bias in the sort of people who are in college and in the music scene," Petefish said. "You're on a college campus for one, plus you're into music."

"We're primarily liberal because it just comes with the territory."

One of the stereotypes women interact with is that alternative musicians are not feminine. Some women feel like their femininity is something they have to push to show.

Costanza said that this stereotype shouldn't exist. She again looks to Hayley Williams. She said that Williams is able to be "girly" while also being "badass."

Williams' ability to balance her feminine side with her ability to take control of her own career, art and image inspired Costanza's music and encouraged her to be herself all the time.

"It's not like you have to completely denounce yourself as a woman," Costanza said. "You don't have to pretend you're not a girl."

It's not only women who notice these stereotypes. Some men notice them too, including Petefish.

"I see other people having a negative perception or lower expectations," Petefish said. "It's never played out specifically. There's never been a conflict that has come out of it, but it's in conversations with people."

Whether a nationally touring musician or a local band, female or male, it seems that breaking stereotypes is important in alternative music.

"We can do it," Costanza said. "We can totally shatter it, all those expectations. I just think that there shouldn't be that expectation to begin with."

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